



# Ultimate Cheesy Lamb Shepherd's Pie with Double Cream Mash and Butter Glazed Vichy Style Veg

Ultimate 40-45 Minutes • 2 of your 5 a day

35



Potatoes



Garlic



Lamb Mince



Thyme



Tomato Passata



Red Wine Jus Paste



Mature Cheddar Cheese



Mixed Chantenay Carrots



Double Cream



Unsalted Butter



Peas

Pantry Items  
Sugar

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Saucepan, garlic press, frying pan, grater, colander, ovenproof dish, aluminium foil and lid.

## Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Garlic**	2	3	4
Lamb Mince**	200g	300g	400g
Thyme**	½ bunch	½ bunch	1 bunch
Tomato Passata	1 carton	1½ cartons	2 cartons
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml
Red Wine Jus Paste (10) 14)	15g	22g	30g
Mature Cheddar Cheese** 7)	60g	90g	120g
Mixed Chantenay Carrots**	150g	225g	300g
Double Cream** 7)	75g	120g	150g
Unsalted Butter** 7)	30g	30g	60g
Water for the Veg*	50ml	75ml	100ml
Sugar for the Veg*	½ tsp	½ tsp	1 tsp
Peas**	120g	180g	240g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	660g	100g
Energy (kJ/kcal)	3749 /896	568 /136
Fat (g)	56	8
Sat. Fat (g)	33	5
Carbohydrate (g)	64	10
Sugars (g)	14	2
Protein (g)	38	6
Salt (g)	1.95	0.30

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 10) Celery 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Cook the Potatoes

Preheat your oven to 200°C. Bring a large saucepan of **water** with **½ tsp salt** to the boil. Peel and chop the **potatoes** into 2cm chunks. When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins.



## Mash and Bake

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat. Add the **double cream** and mash until smooth. Season with **salt** and **pepper**. Transfer the **lamb** to an appropriately sized ovenproof dish when ready, then spoon over the **creamy mash**, using the back of a spoon to smooth it out. Sprinkle over the **cheese**, then bake on the top shelf of your oven until the top starts to brown, 10-15 mins.



## Fry the Mince

Meanwhile, peel and grate the **garlic** (or use a garlic press). Heat a large frying pan on medium-high heat (no oil). Once hot, add the **lamb mince** and cook until browned, 4-5 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. Meanwhile, pick the leaves from the **thyme stalks** (see ingredients for amount, discard the stalks) and roughly chop.



## Bring on the Veg

While the **pie** bakes, wipe out the **mince** frying pan and pop it back on medium heat. Melt in the **butter** and add the remaining **garlic**, **water** and **sugar for the veg** (see ingredients for both amounts). Add the **carrots** to the pan, then bring to a boil. Once boiling, cover with a lid or foil, then lower the heat and simmer for 10-12 mins. Remove the lid, then add the **peas** and cook until the **liquid** has evaporated and the **veg** is glazed, 3-4 mins. Stir occasionally.



## Add the Flavour

When the **mince** is browned, stir in **half** the **garlic** and cook until fragrant, 30 secs. Stir in the **passata**, **sugar** and **water for the sauce** (see ingredients for both amounts), **chopped thyme** and **red wine jus paste**. Bring to the boil, then reduce the heat and simmer until thickened, 10-12 mins, stirring occasionally. Taste and season with **salt** and **pepper** if needed, then remove from the heat. **IMPORTANT:** The mince is cooked when no longer pink in the middle. Meanwhile, grate the **cheese**. Trim and halve the **carrots** lengthways (no need to peel).



## Finish and Serve

When everything is piping hot, serve up your **ultimate cheesy shepherd's pie** on your plates with the **butter glazed veg** alongside.

Enjoy!